

clarke college COURIER



11 March 2005

dubuque, iowa

Vol. LXXVII Issue No. SEVEN

FRIDAY INSIDE

arts etc.



Can you hear me now?

sports



Does Clarke have school spirit?

shorts



Are your outlets overloaded?

TALK to us

Send your opinions & Clarke news to courier@clarke.edu

weather



bust out the parka!

high 33

low 14



'Courier' photographer Rohan Lindsay plays in the shadows during a sunset at Clarke.

Dubuque gay rights proposal sparks controversy on campus

kerry sivia
copy editor

Controversy over the issue of homosexual rights has come to the foreground in the city of Dubuque. Recently, the City Council turned down a petition brought by the Dubuque Human Rights Commission to add sexual orientation to its nondiscrimination code. There has been a range of responses to the issue at Clarke.

"I am not against the ordinance per se," said Karen Glover, assistant professor of chemistry at Clarke. "I am against what the ramifications of passing the ordinance would be."

Glover also cites the Catechism of the Catholic Church which calls homosexuals to live a life of chastity. Glover said she believes that if sexual orientation were added to the ordinance, the next thing to happen would be the legalization of homosexual marriage. She also believes that the ordinance would make it easier for homosexuals to adopt a child. The Catholic Church clearly does not support such practices for homosexuals says Glover.

"I'm not against what the people are trying to do in that ordinance and that is to protect all individuals no matter what," Glover said. "But, at it's this ordinance is not really about protecting a specific class of people, it is about protecting a specific type of sexual behavior. If that was allowed then there is nothing really that stops the next step."

Katherine Fischer, associate professor of English at Clarke, disagrees. "I think in an older day and age lots of white people didn't understand why African-Americans needed legislation in order to be guaranteed their civil rights and lots of men didn't understand why women needed legislation in order to be guaranteed their civil rights, and I think right now we've got straight populations that don't understand why gays

need legislation in order to be guaranteed their civil rights," Fischer says.

Glover says that she does not want the ordinance to cause hatred towards gays or lesbians. She says that's not part of the message and that people need to be educated about the issue.

"If we all loved each other like God wanted us to love each other we wouldn't be needing these ordinances," Glover said. Glover also says she does not think the city needs this ordinance because there are many landlords and employers who do not discriminate against homosexuals.

The Human Rights Commission has no plans to propose the ordinance again soon.

However, Fischer says she thinks equal rights for homosexuals are crucially important.

"I think if we had other populations identifying themselves as being discriminated against that we would have to write those into the law too," she said.

Fischer says she does not feel the recent issue of homosexual marriage had much to do with the decision because the issue has been brought up before.

"I think it will be very interesting the day that the for-profit industry understands that by welcoming diverse people they will be increasing the profit margin," said Fischer. She thinks that the more we can have people who represent diversity, the better it will be.

...SEE CONTROVERSEY P.2

Speaker counters eating disorder myths

kerry sivia
copy editor

Losing weight won't always make you happy. "If you are not happy, you are not going to be happy at a size 3 or a size 5 because you are not a happy person," says Lynette Howe, a nurse, social worker and massage therapist.

Howe spoke to an audience of approximately 25 people about the risks of dieting, diet pills and eating disorders Wednesday night at Clarke in an event sponsored by Respect Life.

She said diet pills are dangerous because they contain stimulants which can offset the chemical balance of your body in ways such as causing you to be wired.

Howe also explained that there are many different kinds of eating disorders. Many times when people think of an eating disorder they think of problems such as bulimia or anorexia nervosa. Yet, Howe says overeating is also an eating disorder.

According to Howe there are also many eating disorders which cannot be classified.

She said the "DSM-IV," a book used to diagnose disorders, classifies these as "eating disorders not otherwise specified."

Howe also countered some of the following myths about eating disorders:

Myth: You can control your weight by being bulimic.

Eating a lot of food and then purging can be harmful to your body in many ways. Howe said not only can this wear off the enamel on your teeth, but can also cause much more serious problems.

She said eating then purging uses electrolytes. This can knock off the chemical balance of your body and may eventually lead to cardiac arrest.

...SEE EATING DISORDERS P.2

11 March 2005

OPINION

Clarke students receive ADDY Awards

monica loan
editor

The Advertising Club of Dubuque rewarded four Clarke graphic design students ADDY Awards for their work in the art of advertising last week.

The competition, conducted by the American Advertising Federation (AAF), includes the categories of campaign advertising, broadcast, audio visual or computer advertising, mixed media campaigns and Internet/interactive media advertising.

The students' work was scored by a panel of judges who evaluated the creative aspects of each entry. The judges are considered professionals in the design field and come from all over the country.

Senior Teresa Hankins received an ADDY for her Rascal Flatts CD project in the Sales Promotion category of the competition.

"It's nice for the students to be recognized for their design work."

al grivetti

Laura Merrick won an award in the Direct Marketing category for her "Invitation for Workshop" project.

In the Elements of Advertising category, Sandra Sievers won for her Blue Heron Marina logo.

December graduate Jennifer Christopher won in the category of Editorial Design for her La Pluma Magica "Book Cover and Chapter Excerpt."

Al Grivetti, Clarke Associate Art Professor and graphic design instructor said this is the first year that the AAF has sponsored the advertising contest.

This affiliation allows students to have the opportunity to present their work nationally.

Grivetti said the students' designs for the competition were part of their class work.

"The students did very well," he said. "It's nice for the students to be recognized for their design work."

Other schools involved in the competition included Loras College, University of Dubuque, University of Wisconsin Platteville and NICC.

These four Clarke students will now have their work sent to the district level of the competition which will be held in Dubuque. The winners at the district level then advance to the national competition.

Other Clarke graphic design students received Citations of Excellence for their advertising work at the competition. These students are Mark Allen, Jennifer Belka, Crystal Johnson, Laura Merrick, Kristy Fischer, JoAnna Casteneda, Brooke Millman, Jennifer Christopher and Alissa Beck.

What's in *Your* medicine cabinet?

jenny domine
staff writer

School can be a real pain. Midterm headaches, stress, sniffles and sleepless nights are often the result of a never-ending Monday. Students looking for that quick fix often turn to their medicine cabinets for some relief. However, if you are reaching for your Advil or Tums too often, it may be doing more harm than good.

This reporter did some investigating into her own medicine cabinet to give examples of the basic dos and don'ts when using over the counter drugs available at the local Walgreens.

What did I find? Extra Strength Roloids: Tropical Punch flavored helps neutralize excess acid in an upset stomach after too much chili, but when antibiotics are thrown in that mix, it could lead to a trip to the hospital. Mineral-based antacids prevent the antibodies from being absorbed.

Ah, beloved Bayer contains aspirin for headaches and is really effective at bringing down a fever, but if popping aspirin becomes an everyday ritual for chronic pain, the drug could deplete the protective lining of the stomach and surprise—ulcers form, a bigger problem than the original headache.

Next is Advil, an alternate pain reliever that is not so hard on the stomach. However, Advil contains ibuprofen naproxen, also found in Motrin IB and in Aleve. So if you are suffering from dehydration due to exercise or heat, this drug can cause kidney problems. So make sure to have plenty of water before using these types of pain relief.

Next I find two bottles of cold medicine. One is Robitussin, a cough suppressant and nasal decongestant, the other a generic version called Wal-Tussin, an expectorant. The biggest risk with any multisymptom formula medicine is accidental overdosing when combining these with aspirins, nasal sprays, or prescriptions. These combos can cause stomach and liver damage. They also cause drowsiness, which can



photo by holly boche

make medicated drivers more dangerous than drunk drivers. In general more than three alcoholic drinks a day or heavy drinking should never mingle with drugs, especially acetaminophen (in Tylenol and Excedrin) and antihistamines.

This report is not meant to be a downer, because when used properly, these drugs can bring very necessary relief. So do not be afraid to take that trip to the doctor or pharmacy when needed, but also read WARNING labels and instructions carefully.

If all else fails, bust out the orange juice and get some rest. These old fashioned remedies take time, but have no damaging effects.



photo by abdul sinno

Brian Day shows Joan Lingen the new technology.

Virtual reality lab grand opening

A new computer science lab which has advanced virtual reality machines including dual processor computers and stereographic 3D monitors opened at Clarke recently. The lab is intended not only for the computer science classes but for others as well. The lab is named after St. Isidore whose patronage includes computer technicians and computer users. It is supported by a \$29,000 grant from the Dubuque Racing Association and will be the main resource for the new bioinformatics major offered at Clarke starting next year.

EATING DISORDERS:

continued from page 1

Myth: Only women get eating disorders.

Howe said about 10 to 15 percent of men have eating disorders. She said most of those men are involved in sports.

Myth: If you have an eating disorder, you will struggle with it forever.

Howe said it is possible to treat an eating disorder and it will not be a burden for the rest of a person's life.

CONTROVERSY:

continued from page 1

"I think it makes those of us who are in favor of the amendment much more inclined to work hard for mayoral and council candidates who we feel will represent a 21st century point of view," Fischer said.

According to Kelly Larson, director of the Dubuque Human Rights Commission, there are no plans to bring up the ordinance in the immediate future.

clarke college
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The Courier is a student-produced newspaper for the Clarke community. Opinions expressed herein do not necessarily reflect the opinions of the faculty, staff, or administration of the college. The Courier welcomes input from members of the Clarke community. Please send comments to P.O. Box 158, Clarke College. Letters must be signed and may be edited for content and length. The Courier is a member of the Associated College Press.

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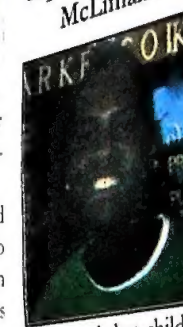
Into the Streets

maggie burns
photographer

What is one thing
you
learned this week?



"I learned how to
change a tire."
Sophomore Janelle
McLimans



"I learned that children
can be very bad
at times."
Junior Fred Givens



"I learned about
skin diseases and that
you should always
take showers."
Freshman Jeremy
Jordan



"I learned to watch what
I say in front of other
people because of the
play (Laramie Project)."
Sophomore
Stephanie Erbsen



"I learned that pink in
Spanish is 'rosa'."
Senior Cara Heckman

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11 March 2005

CAMPUS LIFE

Into the Streets

maggie burns
photographer

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KETCHUP WITH... Kathy Dailey

maggie burns
photographer

This issue's new face is Kathy Dailey who has worked in the Crusader Café for about a month. As a daytime worker, Dailey can be seen making breakfast, taking orders, cooking, or working the counter.

Dailey has lived in Dubuque her whole life. Before coming to Clarke she was a manager at Taco Johns. Upon arriving at Clarke, Dailey ran into an old friend from high school and found out she would be working alongside her friend in the café.

"Laurie LuGrain and I went to Crusader Cafe. school together; we were really good friends in high school and had not seen each other in a long time," she said. Dailey added that her favorite part of the job is the people she works with.

"They are really nice, and the students are wonderful. They are just easy to get along with," she said.

"She really helps me out," said shift manager Tom Wanke, "she does one hell of a job for me."

Dailey's favorite dish to make is prime rib because whenever she makes it everyone loves it.

"She is always there with a smile on her face, willing to help," said sophomore Mary Welper.

At home, Dailey has a husband and son. In her free time Dailey enjoys making dinner for friends and then playing cards.

Dailey may be new to the Clarke scene, but she is fitting in nicely. Do not be afraid to go up to her and ask how she is. I promise she won't bite.



Kathy Dailey is hard at work in the
photo by maggie burns

FACE IT:

You won't find Clarke on TheFacebook.com

lindsay cross
arts etc. editor

Here at Clarke the arrival of the yearly "Stalker Book" is a big day on campus. Students are finally able to put names to faces of those they don't know.

Well, imagine receiving the "Stalker Book," but with students from hundreds of the country's other colleges included. Now you have TheFacebook; it is the "Stalker Book" on some serious steroids.

Never heard of it? Well, you should have because it is one of the biggest crazes taking over college campuses right now. Over 300 colleges and universities are registered to the

website, which means that more than three million students have access to the social network.

TheFacebook.com is an online directory created by Harvard student Mark Zuckerberg in 2004. The website connects college and university students through social networks. Once a school is registered, students can go and register themselves. Next, students can upload pictures, create profiles and begin adding friends from their school or from any other college registered to TheFacebook. From there, the students can message other members,

join groups, add friends and search TheFacebook for hours on end for nothing in particular.

Unfortunately for students at Clarke, we are not registered and cannot access this latest phenomenon. Because we are such a small school, we are not at the top of the list to be added to the network. But there is something that we can do about this. The next time you are surfing the net avoiding your homework, head over to TheFacebook.com and add Clarke to the list of submissions. Maybe with enough support, Clarke can join in on all the fun.

Shakin' Not Stirred

one college girl's life on the rocks

lindsay cross
arts etc. editor

Lei...? Check. Sombrero...? Check. Toga...? Check. Insulated thermal parka...? Check. Bottle of Tequila...oh man, how did that get in there? Check, thank God!

Oh, sorry, I was just unpacking from spring break. I bet you are just dying to find out where I, Olivia Drake, jet setting world traveler, went on my spring break...oh excuse me, winter break (it does seem a little ridiculous to have break in the dead of winter, but hey, who asked me). Well ladies and gentlemen, I am proud to announce that three of my closest friends and I spent the past week hopping from country to country, resort to resort.

First, there was the weekend getaway in Cancun, followed by a few days in Greece and finally, to top it all off, a weekend in Hawaii. Don't believe me? Yeah, well...you shouldn't. I can't afford to pay my library fines (come on Mr. Librarian Guy, two months isn't really all that overdue...) let alone afford an around the world vacation. So, we improvised. Can you blame us?

The trip to Cancun was actually a few trips to Tan World (I'm pretty sure that they know us by our first names now), a sombrero from the party store, and most importantly, a bottle of tequila from the always umm...exotic East Dubuque (it's always cheaper over there). Believe me, after a couple shots of Jose with the fireplace on, it's pretty darn easy to pretend you are in Cancun. I just don't recommend frolicking on the beach in your swimsuit, seeing as the "beach" is really your little brother's sandbox and a pile of snow (side effects from the tequila; drink responsibly).

It was after the debacle with the sandbox and the swimsuits that the trip to Greece occurred. In order to keep our swimsuit-clad bodies warm, we threw on some sheets and blankets that slightly resembled togas. Before we knew it, all of the vacationers at our resort (my friend Veronica's basement) were wearing togas and playing games like Olympians. (By the way, I can now add Beer Pong Gold Medalist to my extensive list of accomplishments...my parents would be so proud.)

As for our trip to Hawaii, it was memorable (although probably especially for the bystanders who witnessed it). With what little money we could gather (plasma, babysitting, the sale of an unwanted roommate) we checked into the nearest Motel 6 (my idea of camping) and headed down to the pool wearing grass skirts and leis. We drank Mai Tais out of coconut cups from the party store (they have EVERYTHING there) and ate "Hawaiian" pizza from Pizza Hut. To make room for our rafts, we kicked the little kids out of the pool (they should have been in bed anyway) and floated around sipping our drinks and listening to the new Kenny Chesney CD.

Oh, the trips to Cancun, Greece and Hawaii...so relaxing, just what one needs before heading back to the frigid Iowa weather. As for any of the other stories I have from winter break, all I have to say is, what happens in Cancun stays in Cancun.

RANDOM FACT~

The average student
spends \$900 on
alcohol each year.

~MetLife Foundation

clarke courier

Hot

Flip-flops in the summer
Guys in baseball pants
Clarke boys
Dying your hair brown
Eating in the cafeteria
B-town bus
Bill Daack
Perkins
Hoobastank
Being Irish and celebrating St.
Patty's Day

Hotter

Flip-flops all year round!
Guys in suits
Loras boys
Dying it back blonde
People-watching in the cafeteria
Trolleys to Swiss Valley
Tom Riley
Taco Bell
Gavin Degraw
Being anything and celebrating
St. Patty's Day

emily wilgenbusch
campus life editor

10 stupid questions featuring Peter Hamel

by: andrea ternes/photographer



1/What is your favorite color?
Green.

2/Should vegetarians eat animal crackers?
Yes, because animal crackers are delicious, especially the frosted ones with sprinkles.

3/Where can we find you on the weekend?
Working in the kitchen at Mercy Hospital, at the Meadows playing golf, or, of course, partying with my friends.

4/If a turtle does not have a shell would you consider it homeless or naked?
Naked, because a turtle could have a home somewhere else like in water.

5/So it seems that you have a lot of hot lunch dates, what's up with that?
I love to stuff my face in front of good looking women.

6/What is the best advice that anyone has ever given you?

Hard work is the key to success.

7/What is your favorite flavor of kool-aid?

The blue raspberry lemonade.

8/Do you have any heros?

My dad, Paul Azinger, and Ron Fanto.

9/What are you going to be when you grow up?

I am going to be a high school teacher and golf coach, and in the summer, a pro golfer, of course.

10/Is there such a thing as a stupid question?

No, there are stupid people who ask the questions but not Andrea, of course; she rocks!



clarke courier

Napoleon's just dynamite

emily wilgenbusch
campus life editor

One of the newest movies to become a quotable classic is "Napoleon Dynamite." He's out to prove he's got nothing to prove. The plot of this movie involves Napoleon helping his new friend Pedro to win the class presidency at his school in his home town of Preston, Idaho. Set in the present, the movie portrays the town as a little slow on the fashion front. Napoleon's witty lines, noises (uhhhhhhhh), and dancing make the movie unforgettable no matter what you think of it. And I mean really who didn't laugh at his boots? I wish I had some...lucky! In my books (and since it's my story they are the only one's that count) this pointless movie is #1 on my list. Yesssss!

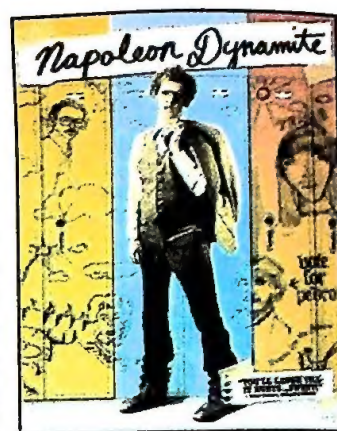


photo from amazon.com

Quote these "dynamite" lines and you'll be "lucky!"

- "I spent like three hours shading your upper lip"
- "I told you! I spent it with my uncle in Alaska hunting wolverines."
- "I see you're drinking 1 percent. Is that 'cause you think you're fat? Cause you're not. You could be drinking whole if you wanted to."
- "Shocks, pegs...lucky!"
- "But my lips hurt real bad!"
- "Tina, you fat lard come get some dinner! Tina, eat. Food. Eat the FOOD!"

In The Mix...The Courier Rotation

- | | |
|--------------------------------|----------------------------------|
| "Float On" by Modest Mouse | "Let Me Love You" by Mario |
| "Toy Soldier" by Eminem | "Island Boy" by Kenny Chesney |
| "Rich Girl" by Gwen Stefani | "Mr. Bright Side" by The Killers |
| "Don't Cha" by Tori Alamaze | "Bring 'Em Out" by TI |
| "Lonely No More" by Rob Thomas | "Baby Girl" by Sugarland |

abby chapman
staff

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11 March 2005

Witnessed Massacre
Rwandan student
reacts to 'Hot'

mishereen ellis
staff writer

Sounds of the audience sobbing engulfed me as I watched the movie "Hotel Rwanda" released the left of me the loud cry of one member echoed in the theater. Ten years ago one of the worst plagues in human history took place in the country of Rwanda in Africa. In less than a few months over one million were viciously slain.

The movie tells the story of a man named Paul Rusesabagina inspired by his love for his family, astonishing bravery in saving the over a thousand refugees by offering shelter in the hotel he manages. Rev. John Rutsindintwarane, general secretary of the Lutheran of Rwanda, who is now in Dubuque Warburg Seminary, said of the burst into tears while watching when the genocide started on April 7, 1994, dead bodies floating in the river running towards the border while shutting it down.

"Some of my family was the group so I just cried when I saw because most of my family was in the war."

The hotel that served as a refuge to many people is only 15 miles from Rutsindintwarane's home. His neighbors' lives were saved in the shelter the movie's hero offered. "It is still a miracle to them how they lived because people who were from that area had no opportunity," said Rutsindintwarane. While talking to Rev. Rutsindintwarane could see the emotion on his face remembering the horrible events.

Rutsindintwarane is currently working his second masters degree in the the Warburg Seminary. He visits

BEN, JO AN
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staff

ROLL CALL



clarke courier

11 March 2005

Witnessed Massacre

Rwandan studying in Dubuque reacts to 'Hotel Rwanda'

mishereen ellis
staff writer

Sounds of the audience sobbing and sniffing engulfed me as I watched the movie "Hotel Rwanda" recently. On the left of me the loud cry of one audience member echoed in the theater.

Ten years ago one of the worst mass murders in human history took place in the country of Rwanda in Africa. In no more than a few months over one million people were viciously slain.

The movie tells the story of an ordinary man named Paul Rusesabagina who, inspired by his love for his family, displays astonishing bravery in saving the lives of over a thousand refugees by offering them shelter in the hotel he manages.

Rev. John Rutsindintwarane, pastor and general secretary of the Lutheran Church of Rwanda, who is now in Dubuque at the Wartburg Seminary, said of the movie, "I burst into tears while watching it because when the genocide started on April 7, I saw dead bodies floating in the river and people running towards the border while they were shutting it down.

"Some of my family was the targeted group so I just cried when I saw the movie because most of my family was killed during the war."

The hotel that served as a refugee camp to many people is only 15 minutes away from Rutsindintwarane's home. Some of his neighbors' lives were saved because of the shelter the movie's hero offered.

"It is still a miracle to them how they survived because people who were far away from that area had no opportunity to be saved," said Rutsindintwarane.

While talking to Rev. Rutsindintwarane I could see the emotion on his face of remembering the horrible events that took place.

Rutsindintwarane is currently working on his second masters degree in theology at the Wartburg Seminary. He visits Rwanda

almost every year to see his family. He and his mother have also adopted two young girls who lost their parents in the war.

Rutsindintwarane, whose parents were of both the targeted and the targeting groups, the Hutu and the Tutsis, says he likes to be called simply a "Rwandan" because he belongs to both groups through intermarriage.

"We are all one, we speak the same language, and have the same culture," said Rutsindintwarane.

The conflict between the Hutus and the Tutsis started during colonial times when the Belgians went to Africa. They divided the people, saying the Tutsis were foreigners from northern Africa and the Hutus were indigenous said Rutsindintwarane.

"This created tension because they uplifted the Tutsis by educating them and undermined the Hutus," Rutsindintwarane said. "In the end, during the independence struggle the cycle was reversed, thus creating conflict and the Hutus were empowered to kill the Tutsis."

"The Belgians left the country in chaos and the few extremist, educated elites among the Hutus engineered ethnic clash which drove the Tutsis out of the country."

Rutsindintwarane was born in Tanzania; his parents left Rwanda in 1962. They later moved back to Rwanda. On his way to the archdiocese to work on a seminary education in Tanzania, he found himself among the many people helping refugees along the Tanzania border.

Rutsindintwarane says Rwanda is now a peaceful country. "People are trying to work hard and work together," he said.

Once he finishes his master's program in December, Rutsindintwarane plans to move back to Rwanda for good, to train people about peace building and to continue the ministry that he's been doing. "Part of my commitment is to build a community that understands the role of reconciliation and the role of the church to reconcile the people," said Rutsindintwarane.

If you're talking on your cell phone you may be driving drunk

shannon burroughs
staff writer

"Can you hear me now? Good. Can you hear me..." Almost everyone is familiar with this commercial. The basis for this Verizon commercial is to show America that no matter where you are on a certain type of cell phone plan you will always be able to have a



clear conversation. But what this ad isn't telling you is that just because the conversation is clear, doesn't mean your attention is.

According to a recent study conducted by the University of Utah, young adults ages 18-25 who talk on a cell phone while driving have the same reaction time as a 70-year-old behind the wheel.

This reaction time doesn't change whether

the phone is hand-held or hands free. It's the actual engaging in conversation that impairs the driver's ability, not the holding of the cell phone.

"I always thought hands-free phones were safer," said senior Laura Stewart. "I thought if my hands were on the wheel I would pay better attention."

According to a 2003 study by a University of Utah professor by the name of David Strayer and his colleague Frank Drews, young adults who talk on cell phones are actually more impaired than a drunk driver whose

blood-alcohol level exceeds 0.08. It's always illegal to drive drunk, but despite the obvi-



ous dangers of driving while talking on a cell phone, it is perfectly legal in most states.

"Wow, that's a really scary fact," said Clarke freshman Veronica Ragan. "I never would have compared talking on a cell phone to driving drunk."

Despite the obvious dangers that 18 to 25-year-olds can pose while chatting on the phone behind the wheel, the elderly do not pose that same threat while talking on a cell phone.

This same study found that the more experience a person has behind the wheel and the fewer risks he or she is willing to take, as in not talking while driving, the safer the driver actually is.

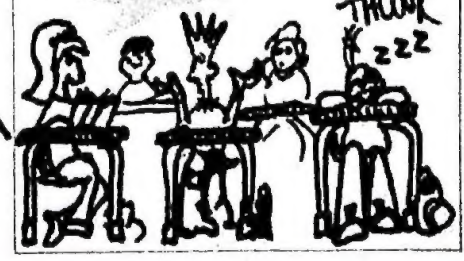
So, the next time you're driving down the street and your cell phone rings instead of saying, "Can you hear me now?" it might be more beneficial, or even life saving, to just say, "Can this wait until later?"

photos by holly boche

BEN, JO AND FRAN

jenny domine
staff

ROLL CALL

Francine
Kellington?Joseph
Millian?Benjamin
Olsen?You stayed up all night
watchin' that movie again,
didn't you?

clarke courier

11 March 2005

SPORTS



CURVEBALL

by tim brechlin

I must be insane.

Everywhere I turn, sports fans are giddy themselves up for that little obscure NCAA basketball tournament, otherwise known as March Madness. So here I sit, a regular-Joe sports fan, and you know what I say?

I don't care about March Madness.

Did I slip on the ice and hit my head? Have I finally had too much Vanilla Coke? Have I forsaken my true calling as a sports fanatic?

Heck, no. Nuts to basketball: baseball season is just around the corner. And I couldn't be more excited.

Since this column is titled

"Have I finally had too much vanilla coke? I don't care much about March Madness."

"Curveball," I figure it'd be nice to actually, you know, write about the sport of curveballs, and home runs, and strikeouts, and steroids...

Former baseball star José Canseco has recently released a new tell-all book about his playing days, seemingly accusing everyone from Mark McGwire to my dog of taking steroids during the '90s. So what's the problem? Well, checking to see if the statements in the book might actually be true might have been a good idea.

Canseco alleges that after reaching second base during a spring training game in 2001, he complimented Seattle second baseman Bret Boone on his newfound muscular physique, to which Boone replied that he was now "on the juice."

Unfortunately for poor José, some enterprising fact-checkers from ESPN looked through spring training records in 2001 and found that not only did Canseco fail to reach second base during any of his games against the Mariners that spring, he and Boone never even played in the same game.

Don't get me wrong: I'm not one of those people who's sticking his or her head in the sand in total denial of the use of steroids in baseball. Last fall, I wrote a

column shortly after former MLB star Ken Caminiti died of a heart attack that doctors attributed to steroid abuse. And at that time, I called for a more stringent testing policy than the embarrassment that Major League Baseball had in effect at the moment.

It's spring now, and a much more effective policy is indeed in effect, with regular year-round testing and a suspension (albeit a mild one) for a first offense. But now that we have a drug-testing policy with actual teeth, it's time for us to actually let it do its job.

There seem to be two schools of thought right now on the steroids issue. One camp seems content to sweep the issue under the rug and compare using performance-enhancing drugs to using coffee

to wake up in the morning. The other side seems to have completely forgotten the idea of someone being innocent until proven guilty, with people like José Canseco essentially throwing a few bowls of spaghetti at the wall and seeing how much of it sticks.

It's gotten to the point that San Francisco outfielder Barry Bonds spends more time answering reporters' questions about steroids than he does actually, you know, training (which, the last time I checked, is the point of spring training).

But under the new MLB testing policy, a player is publicly named and suspended the first time he's caught using performance enhancers. Instead of obsessing over every power-hitting baseball player's physique and trying to figure out if yet another guy is on the juice, why not just sit back and enjoy the start of baseball season? America's pastime is finally back. Let's focus on the game.

And, hey, if that doesn't float your boat, there's always March Madness.

Softball team seeks second conference title

hiranman byrd
staff writer

Finally Clarkies, the wait is over: Softball season is here. The defending Northern Illinois Iowa Conference champions are ready to take the field and try to duplicate last year's season, with a record setting 27 wins.

"We lost a lot of starters from last year's team, but the fact that we have players with postseason experience is definitely a positive for us," said Coach Cara Clark. "Those players will be able to guide our newcomers and provide the experience that they will be looking for."

This season the women Crusaders includes 11 freshmen, seven sophomores, five juniors and two seniors.

"We are a young team, and in order to finish off the season like last year's team, it's going to take time but when we get the loose screws worked out

look out for us," said junior pitcher Abby Gardalen. The women's first tournament was in Tucson, Ariz. in which they finished 4-5. Their next game

will be against Washington University, and Maryville University in St. Louis March 19 and 20.

"We've been talking with our team and letting them know exactly what our strengths are and what our game plan is," said Coach Clark. "Our offensive

strategy is going to be to utilize our speed and our short game in bunting and stealing bases, and putting pressure on the defense with our base running."



Clarke College web site

Crusader softball catcher returns the pitch.

Clarke College Fight Song

Learn the
lyrics to the
fight song!

Charge ahead Clarke College
Onward, upward, take the lead
Fight with skills and knowledge
Clarke Crusaders will succeed

Lyrics by
David Resnick

Charge again Clarke College
Be vehement, be bold
Begin the quest become the best
Crusaders blue and gold.

Calling all Clarke fanatics

chris kleitsch
staff writer

In past athletic seasons some fans have wondered why there has been a lack of student support at athletic events. Not this year; the student section at most men's basketball games was roaring. The men's basketball team's record breaking season attracted many more fans than in the past.

The student section, which was sometimes out of control, was a thorn in many opponents' sides, heckling them into turning the ball over and making the Kehl center one of the most difficult places to play in the Northern Iowa Illinois Conference.

Often there were fans dressed in their gold t-shirts ready to go well before tip-off, sometimes even entertaining the other fans with their drums and rattles during time outs.

This enthusiasm should continue down the road and carry over to other sports. The fans at a game could easily motivate a team to excel to their best in the times they need it most.

"It was a lot stronger this year than last," said NIIC first teamer Joemi Byrd on the subject of fan support. "It helps that you know you're going to

have that many people supporting you game after game, and it makes you play harder so you succeed."



Photo by Chris Kleitsch

Clarke's super fans, cheering for a win.

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Second half. A foul is called with fewer than 30 seconds left. The Clarke Crusaders are doing the call and the cheerleaders crowd with shouts of "Go, fight!" But something is missing from the call. Where is Clarke's mascot? "The Clarke Student Association mascot two years ago," said Athlete is a matter that should be led by faculty from staff."

Nathan Monson, president of the club, has a different take on the mascot. "I've shelved it right now," he said. "I've done a lot of work and a lot of people have suggested that we should have a mascot. The Clarke Crusaders received a suggestion was made to the 'Clarkies,' athletic teams in the name. Winners included Chancers."

"I'd love for Clarke to have a mascot. I think a knight costume would be those big, over-exaggerated costumes having."

During Curt Long's first year, a fan spontaneously donned a flag. "It stopped by itself," said Long.

Long said the mascot should be whole with some sort of athletic process," he said.

"I believe every member of the team should be involved in this process," Monson said. "Everyone, but it's important to have a mascot."

One problem is that these days with it controversial and often schools with athletic teams using names, and the question remains should follow their example.

"We have always been the Crusaders at Clarke College," said Monson. "A mascot makes us unique."

Long said that the term "Crusaders" should think about the image of the mascot. "The mascot has to uphold the name of the school," he said.

"Way too many teams are creative than the Duhawks. (I've seen a lot of teams that are creative, but I don't think they're serious work. With all their respective record-breaking, the quest for an official mascot athletic competition it would be

11 March 2005

SHORTS

Opinions differ in mascot possibilities

brianne malloy
sports editor

Second half. A foul is called, and the buzzer stops the clock with fewer than 30 seconds left in the game. The Clarke Crusaders are down by one. The crowd boos the call and the cheerleaders respond by encouraging the crowd with shouts of "Go, fight, win."

But something is missing from this scene. Where is Clarke's mascot?

"The Clarke Student Association put money aside for a mascot two years ago," said Athletic Director Curt Long. "It is a matter that should be led by students with input from faculty from staff."

Nathan Monson, president of Clarke Student Association, has a different take on the mascot search. "I see it as a shelved item right now," he said. "I have asked about the Clarke mascot before and I've always been told that it's a lot of work and a lot of people to go through."

The Clarke Crusaders received their name in 1977 when the suggestion was made to the "Courier." Originally called the "Clarkies," athletic teams in the 1970s voted yearly on their name. Winners included "Soul Sneakers" and "Half Chancers."

"I'd love for Clarke to have a mascot," said Monson. "I think a knight costume would be just fine. It could be one of those big, over-exaggerated costumes you see a lot of college teams having."

During Curt Long's first year as Clarke's athletic director, a fan spontaneously donned a homemade knight costume and carried a flag. "It stopped because of lack of interest," he said.

Long said the mascot should represent the institution as a whole with some sort of athletic spin. "I'm open to the process," he said.

"I believe every member of the Clarke community should be involved in this process," Monson said. "Students, faculty and staff should all have input. Of course you can't please everyone, but it's important to give everyone a chance."

One problem is that these days the term 'crusader' carries with it controversial and often negative connotations. Many schools with athletic teams using the term have changed their names, and the question remains as to whether or not Clarke should follow their example.

"We have always been the Crusaders and it is a part of the history at Clarke College," said Monson. "Having a Crusader as a mascot makes us unique and different from other schools."

Long said that the term "crusader" is sensitive, and that we should think about the image we'll present with the mascot. "The mascot has to uphold Clarke's image," he said. "The mascot should not carry a weapon."

"Way too many teams are named the Wildcats," said Monson. "I personally feel the name Crusaders is way more creative than the Duhawks. (I was just kidding on that one.)"

Monson can joke about the names, but the search for a mascot is serious work. With all of the attention placed on Clarke's athletic teams because of the conference merge and their respective record-breaking seasons, it makes sense that the quest for an official mascot become just as intense as the athletic competition it would support.

Jamming the outlets

lindsey brown
staff writer

Refrigerators, microwaves, cell phone chargers, hair dryers, illuminated decorations, computers, stereos and gaming systems are just a few things that jam the outlets in the dorms on the Clarke campus. There are even outlets that jam outlets. With the increasing popularity of gadgets and electronics goes an increase in the electricity bill and a push on the limits of electric capacity.

"In today's society, everything is electric or electronic," said Clarke Facilities Management Director Bob Nelsen. In fact, the national figure that Nelsen last heard on the number of electronics the average student brings to campus was 23.

An informal survey taken by the "Courier" of Mary Benedict and Mary Josita residents found the average number of residence hall electric devices to be well-below the nation's average with each person bringing 11.75 electronics on move-in day.

While the males lagged behind in hair styling tools, they almost made up for in video gaming systems. The females averaged 12.2 which was a little higher than the males who averaged 11.3 respectively.

Most residence halls on college campuses across the nation can't keep up with the electrical demands of students. This has much to do with the age of the hall. Older buildings weren't designed to service this electronically driven era.

The University of Iowa reports that annual energy use in the residence halls has increased electric bills by more than \$200,000.

Augustana College in Rock Island, Illinois, ran into problems with a residence hall built in 1928. The college spent thousands of dollars adding electric capacity so students could finish typing their papers without their computers losing power.

Maryville College in Maryville, Tenn., recently built a new residence hall. They tore down the one that previously stood partly because of the lack of electric capacity.



photo by holly boche

Senior Julie Blocher overloads her outlet with hair styling units.

Even though Clarke's average is below the nation's doesn't mean the campus isn't running into this same dilemma. When Mary Josita and Mary Benedict were built in the 1950s and 1960s people didn't have computers, stereos or gaming systems. AM/FM radios may have been the extent of their electronics.

Nelsen said it would be ideal to have additional electrical capacity, particularly in Mary Josita which was built in the '50s. The building will be evaluated this coming summer to see what can be done about the issue. But until then, turn your lights and T.V. off behind you.



"Clarke should remain as the Crusaders because a Crusader represents strength, endurance and fighting for a cause."

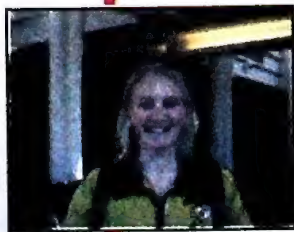
*noah diehm, junior

"Me, baby! I should be the mascot because I'm their biggest fan!"

*mary ellen herbst, switch board receptionist



CLARKE PICKS FOR CRUSADER



"I think the mascot should stay the same except define what a crusader is."

*melissa riesberg, senior

"I'd change the mascot to a big helga lady with horns and name her Olga."

*john thornton, junior



photos by holly boche

clarkecourier

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What's Going on This Weekend?

Friday, March 11, 2005

Instrumental concert Ensemble at Clarke College in the Jansen Music Hall. 7:30 p.m. Admission is free.



Saturday, March 12, 2005

Busted Lift's 5th Annual St. Patrick's Day outdoor celebration. 12-9p.m. All ages until 9 p.m.

Dubuque St. Patrick's Day Parade. 11a.m. Starting at Jackson Park

Irish Party at Dubuque Fairgrounds. 6-11p.m.

St. Patrick's Day Parade and celebrations starting at 1:30 at Xavier Grade School. Dyersville, Iowa.

Dubuque Symphony Orchestra presents "Truly, Madly, Deeply" at 8p.m. at The Five Flags Theatre

Dubuque Thunderbirds Hockey game at 7:05 p.m. at Five Flags Center, \$6.



Sunday, March 13, 2005

Dubuque Symphony Orchestra presents "Truly, Madly, Deeply" at 2 p.m. at The Five Flags Theatre

Clarke Horoscopes

by abby chapman & andrea ternes

Pisces 2/19 - 3/20

Find a penny, pick it up. All day long you'll have good luck! Make sure it's heads up.

Aries 3/21 - 4/19

Do something new that you haven't done yet, such as wrestling an alligator to sleep, or trying out for a school play.

Taurus 4/20 - 5/20

Stop walking with your head down; you are missing out on a lot. Be bold, go on a blind date!

Gemini 5/21 - 6/21

At the end of the month you will finally meet that special someone from the online dating service you have been surfing lately.

Cancer 6/22 - 7/22

A full moon is coming! Listen to that wil-voice in your head that's been daring you to be different.

Leo 7/23 - 8/22

Join a Clarke club today and be proud of it.

Virgo 8/23 - 9/22

Violet is not your color; stay away from any violet clothing and accessories, and watch out for that violet food.

Libra 9/23 - 10/22

Take your Liger for a walk today, and you might have a surprise waiting for you at the end of the rainbow!

Scorpio 10/23 - 11/21

Watch what you say and who you say it to today; they might be your uncle's brother's daughter!

Sagittarius 11/22 - 12/21

You are beautiful on the inside and out and others see that. Keep up the good work!

Capricorn 12/22 - 1/19

Get to the gym and do something for yourself. You only live once!

Aquarius 1/20 - 2/18

You may be celebrating a lot this month so be careful and take your umbrella!

On Other Campuses

kerry sivia
copy editor

Students drink more than nonstudents

Recent studies show that American college students ages 19-21 drink more alcohol and are more likely to binge drink than people their age who do not attend school. About 18 percent of college students said they suffered alcohol-related problems compared to only 15 percent of nonstudents. Students were also more likely to drink more on a weekly, monthly, and yearly basis than their counterparts. However, those not attending college were more likely to drink daily, which is a possible sign of alcohol dependence.

Despite the fact that college students suffer from significant consequences due to more drinking, they do not appear to be at any greater risk of the more severe problems that often accompany alcohol dependence than nonstudents, according to Wendy Slutske, author of the study at the University of Missouri at Columbia.

Scholarship for children of fallen veterans

PHILADELPHIA - Widener University has started a new scholarship for children who have lost a parent in action in the wars in Afghanistan and Iraq. Starting this fall the new program will provide \$25,000 a year to each recipient. Students will receive the scholarship for up to eight semesters. School officials said they do not expect to award most of the scholarships until ten years from now because most of the children who have lost parents are very young. Applications will be reviewed by a committee led by a retired army general who is an alumnus and trustee of the school.

Student teaches city how to spell 'Spelman'

OAK RIDGE, Tenn.—The mistake slipped through the cracks for years until recently. Brittany Mosby, a 19-year-old student of Spelman University in Atlanta caught the mistake. She wrote a letter to the mayor of Oak Ridge saying that there was an extra "L" in Spellman Street if it was intended to be named after her college. Mosby also pointed out that other streets in the neighborhood are named for historically black colleges. Recently, Mosby attended a ceremony in Oak Ridge where she unveiled the newly corrected street sign.

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arts etc.



This Irish singer
Damien Rice sounds
as good as he looks

sports



National sports
team rivalries get
serious on campus

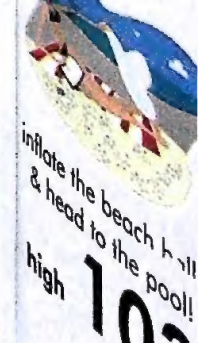
campus life



Clarke grad Matt
Zelle discusses life
in his glamorous
real world.

TALK to us
Send your opinions
& Clarke news to
courier@clarke.edu

weather



high 103
low 24